

Michigan Steps Up



Healthy Michigan 2010: Michigan Surgeon General's Health Status Report



www.michigan.gov/mdch

A description of priority
health problems in Michigan

10 leading health indicators
chronic disease, lifestyles,
tobacco, substance abuse,
mental health, maternal and
child health, immunizations,
injuries and violence, healthy
environments, and infectious
and emerging diseases

Chronic Disease in Michigan



- Michigan ranks among states with the highest rates of cardiovascular disease (CVD)
- Cardiovascular disease is the #1 killer and a major cause of illness, hospitalization and disability in Michigan
- In 2000, 33,263 Michigan lives were lost to CVD

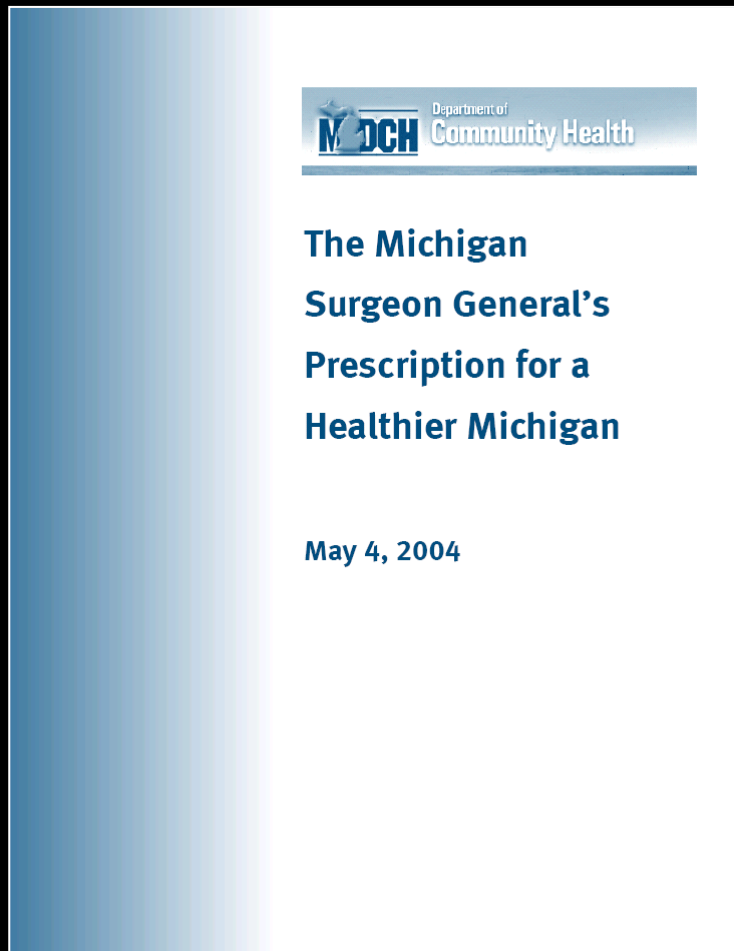


Chronic Disease in Michigan

- Diabetes affects 491,000 Michigan adults
- In 2000, It was the sixth leading cause of death in Michigan
- The prevalence of diabetes in the African American population has tripled in the past 30 years
- Over 62% of Michigan residents are overweight or obese



Prescription for a Healthier Michigan



<http://www.michigan.gov/mdch>

Components:

1) Strategic Priorities

- **Promoting healthy lifestyles**
- Protecting families
- Protecting communities
- Eliminating health disparities

2) Recommendations



Prescription for a Healthier Michigan



Strategic Priority Areas:

- **Promoting healthy lifestyles**
- Protecting families (unintended pregnancies, infant mortality, childhood lead poisoning)
- Protecting communities (injury and violence, HIV/AIDS and other STDs, emerging infectious diseases, health infrastructure prepared for chemical and bioterrorism)
- Eliminating health disparities

Lifestyle Changes

Physical Activity, Healthy Eating and Not Smoking can help reduce the risk of several diseases and health conditions and improve overall quality of life:

- Heart Disease and Stroke
- High Blood Pressure
- Type II Diabetes
- Obesity
- Back Pain
- Osteoporosis
- Depression and Anxiety
- Stress





Move More

Eat Better

Don't Smoke

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Goals:

- Build community capacity
- Share resources
- Reduce health risk factors
- Improve health outcomes

Campaign Components:

- Stakeholder Meetings Report
 - Media Campaign
 - Healthy Lifestyle Challenges
 - Website
 - Other (e.g. Seeking grants for a community component and other projects)
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Stakeholder Groups:

- **Business**
- **Schools**
- **Healthcare**
- **Faith-Based**
- **Community**



Michigan Steps Up Faith-Based Stakeholder Group Vision

- Group members envision an interdenominational collaborative network of faith-based organizations that proactively implement effective programs that promote healthy behaviors through nutrition based food offerings, increased physical activity and tobacco-free lifestyles.
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Goals of Faith-Based Stakeholder Group

- Increase amount of physical activity
 - “Choose to Move” (American Heart Association)
 - “Project Power” (American Diabetes Association)
 - “Walk by Faith” MI Surgeon General Walking Challenge
 - “Active for Life” (American Cancer Society)
 - Form your own walking/exercise groups

Goals of the Faith-Based Stakeholder Group (Continued)

- Increase the consumption of healthy foods
 - Body & Soul (American Cancer Society)
 - Search Your Heart (American Heart Association)
 - ***Healthy Food & Healthy Soul*** (Michigan developed resources)
 - Promote increased variety of healthy foods and beverages
 - Learn to prepare the foods you like more healthily
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Goals of the Faith-Based Stakeholder Group (Continued)

- Promote tobacco-free lifestyles
 - Provide smoking cessation resources
 - Develop smoke-free policy
 - Smoke-free Baby and Me (Center for Collaborative Research in Health Outcomes & Policy)
 - Freedom from Smoking (American Lung Association)
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www.michiganstepsup.org

home	michigan steps up		Progress Cards Make A Difference		
	Step One: Move More. Step Two: Eat Better. Repeat.		 Create Progress Card	 Access Progress Card	
	HEALTHY	 People	 michigan steps up stop music 	 A Challenge From Michigan Surgeon General Kimberlydawn Wisdom "Let's step up to increasing the health of our state. It's simple. Just use this site to add more movement and better eating into your daily routine. Then, start a Progress Card to see your personal progress increase while our state's weight decreases."	
		 Communities		How We're Doing Based on Progress Card results, Michigan residents have achieved:	Progress
 Businesses		Weight Lost: 0 lbs. Miles Moved: 103.50 miles			



Michigan Surgeon General

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Michigan.gov

An Official State of Michigan Web Site

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Step 1. Move More Step 2. Eat Better Step 3. Don't Smoke



HEALTHY



More State Web Sites

Quick Links

-  [Create Personal Plan](#)
-  [Access Personal Plan Tools](#)
-  [Tip of the Day](#)

How your FREE Personal Plan Works

1. [Create Personal Plan](#)
Take the assessment quiz and set goals that work for you. Personal Plan Tools then help you meet your goals.
2. [Record Achievements Daily](#)
Each day, use your daily journal to record your progress. Print your daily journals out or use the online tool.
3. [Update Goals Weekly](#)
At the end of each week, enter your week-end totals from your daily journals into your Weekly Journal Calculator. This on-going

Michigan Steps Up Website: Personal Plan



Surgeon General of Michigan
Michigan Steps Up



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PERSONAL PLAN

Create Personal Plan

Your FREE Personal Plan can help you step up to healthy living by helping you set goals for moving more, eating better, stopping smoking and even cutting out second-hand smoke.

Creating a FREE Personal Plan takes just three simple steps:

- 1 Take Assessment Quiz:** To get started, just answer these eight questions about your current level of movement, eating, smoking and second-hand smoke exposure.
- 2 Set Goals:** Based on your assessment quiz answers, we compile your results and suggestions for goal setting.
- 3 Use Personal Plan Tools:** Your Personal Plan Tools are created from the goals you set for yourself. Personal Plan Tools include a Daily Journal you can use online or print out and a Week-End Journal Calculator.
[Click here](#) to login to your Personal Plan Tools

Once you've set your Personal Plan up, just use your Personal Plan Tools each day and week - until you've met your personal goals!

[Start Personal Plan](#)

Michigan Steps Up Website: Daily Online Journal

[Tools Menu](#) | [Daily Journal Online](#) | [Printable Daily Journal](#) | [Weekly Calculator](#) | [Edit Profile](#) | [Update Goals](#)

Daily Journal Online

Use this tool to chart your daily progress online. Enter the amount for each of the categories* :

3/30/2005

Movement Minutes ¹	<input type="text" value="0"/> ▼	Your Goal: 30 - 45
Vegetable Servings ²	<input type="text" value="0"/> ▼	Your Goal: 4
Fruit Servings ³	<input type="text" value="0"/> ▼	Your Goal: 2
<input type="button" value="Submit"/>		

1. Enter the total number of minutes that you engaged in physical activity today.
2. Enter the total number of servings of vegetables you ate today.
3. Enter the total number of servings of fruits you ate today.

* If you have already entered data into your journal today and want to update it, simply enter your new information and then click "Submit".

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Michigan Steps Up Website: Smoke-Free Resources

Don't Smoke

Smoking kills nearly 14,700 Michigan smokers each year and accounts for about one in six Michigan deaths. This is just one sobering statistic among many when it comes to smoking.

The negative health effects of smoking, on the smoker and those exposed to secondhand smoke are staggering.

If you smoke cigarettes, cigars, pipes, or use spit tobacco, please take the dependence quiz to determine the level of your dependency on smoking.

From nicotine replacement to quit kits, no matter what your level of addiction, we can help you quit.

We've also got some great ways for parents to talk to their kids about not using tobacco. And some help for parents whose kids are already using tobacco. Without a doubt, quitting tobacco leads to healthier lives for everyone.

Dependence Quiz

Click here for: The Fagerstrom Test for Nicotine Dependence will help you develop a personal quit plan that is right for you.

Your Health

Click here for: The health hazards of smoking, overall effects and quitting benefits.

Secondhand Smoke

Click here for: Secondhand smokes overall effects and how it affects kids.

Spit Tobacco

Click here for: What spit tobacco users need to know and withdrawal help.

Cigars

Click here for: Factual responses to common myths related to cigar use.

Nicotine Replacement

Click here for: Information about nicotine replacement products that are currently available in the United States.

Parents/Kids

Click here for: Tobacco-free kids tips and

Links

Click here for: FREE practical programs

- Dependence Quiz
- Free Smoker's Quit Kit
- Nicotine Replacement Information
- Help for Talking to Kids About Tobacco
- Smoke-Free Dining Guide

Michigan Steps Up Website: Healthy Eating Resources

Eat Better

You'll be glad to know that eating better is a lot like moving more - it doesn't always take big changes to your favorite foods or shopping list, just a little planning and a little commitment.

Again, the trick is to **recognize the good things you're already doing and then build on them** by making some small changes.

You can start by taking our quick [healthy eating quiz](#). It'll help you evaluate your current eating habits and help you decide what to do next. We have also collected better eating tips and [tools for everyone](#), for [families](#) and for [seniors](#). Still hungry for more? Try out some of our tasty [recipes](#) and browse our collection of [better eating links](#).

Eating Quiz

[Click here for:](#) Questions to get a better idea of how your eating habits stack up!

Families

[Click here for:](#) Great ideas for healthy meals and getting kids to eat better.

Recipes

[Click here for:](#) A few recipes to get you started cooking healthy meals that taste great.

Everyone

[Click here for:](#) Lots of healthy eating tips and tools that apply to everyone.

Seniors

[Click here for:](#) Important links that seniors and their families can use to learn about better eating and to get help.

Links

[Click here for:](#) A whole world of websites geared toward helping you eat better.

Nutrition
Web Links

Healthy
Recipes

Tips for
Dining Out

Healthy
Lunch at
School

Michigan Steps Up Website: Physical Activity Resources

- Activity guidelines
- Resources for Seniors
- Fun Ideas for Kids
- Resources for People with Disabilities
- Links to Programs

Move More

To receive health benefits from physical activity, **adults should try to meet the recommendation of 30 - 60 minutes of moderate intensity* physical activity at least five days a week.** For those of us with busy schedules, this can be broken up into 10- or 15-minute periods throughout the day. Greater health benefits can be achieved with activities that are more strenuous for 20 minutes or more at least three times a week.

Children and adolescents need at least 60 minutes of moderate intensity* physical activity a day. As with adults, greater health benefits can be achieved with activities that are more strenuous for 20 minutes or more at least three times a week.

Ready to try moving more? You can start by taking the [readiness quiz](#). You can also begin by creating a [free personalized plan](#) to set and chart personal physical activity goals.

We've also got easy, helpful ways to increase physical activity in [adults](#), [kids and teens](#), [people with disabilities](#) and [seniors](#). Take a look at some of the best physical activity sites on the web in our [links](#) collection.

*Moderate intensity is when you feel exertion during physical activity but you are able to carry on a conversation comfortably.

Readiness Quiz

[Click here for:](#) Questions designed to assist individuals aged 15 to 69 in determining whether they should see their doctor before increasing physical activity.

Kids

[Click here for:](#) Fun, free things you can do to maximize activity get the most out of your school and neighborhood resources.

Seniors

[Click here for:](#) Great resources for Michigan seniors who want to safely increase their physical activity and general well-being.

Adults

[Click here for:](#) Body benefits of physical activity, activity program guide and easy activity ideas.

People with Disabilities


[Click here for:](#) Physical activity benefits and tips, local programs and national programs links.

Links

[Click here for:](#) Our favorite physical activity-friendly websites.

Michigan Steps Up Website: Weight Management Resources

Body Mass Index (BMI) Calculator



Safe Weight Loss Resources



Watch Weight

Magazines, movies, TV - they all seem to stress thin bodies. But did you know that the best reason to lose weight is because it helps you be a healthier person overall?

Increased weight can lead to cardiovascular disease, high blood pressure and type II diabetes. Reaching your appropriate weight can help reduce these risks.

First, find out if you're truly "overweight" by using the [BMI calculator](#).

Then, proceed to [safe weight loss](#) tips and tools that will help you safely shed pounds. We've also compiled some [easy, small changes](#) that can add up to substantial results.

We'll also show you why those fad diets and gimmicks just don't work in [why diets fail](#).

Excess weight can be a problem [for kids](#), too. If this is an issue in your family, be sure to read this special section.

Remember, before beginning any type of weight loss program, consult your physician or health care provider.

BMI Calculator

[Click here for:](#) Calculating your Body Mass Index (BMI) to help determine if you are at a healthy weight.

Safe Weight Loss

[Click here for:](#) Characteristics of safe weight loss programs, low-cal dangers, avoiding pitfalls, red flags to watch for and safe maintenance.

Kids

[Click here for:](#) How to cope with teasing and acceptance, physical activity tips for kids and eating better ideas for families.

Why Diets Fail

[Click here for:](#) Reasons why diets fail.

5 Small Changes

[Click here for:](#) Five small changes that can add up to big health differences.

"Why Diets Fail"



Five Small Changes



Michigan Steps Up Website: Resources for Staying Motivated

Stay Motivated

We mentioned earlier that becoming a healthy person is a lifetime habit. But we also know that everyone needs a lift now and then. That's why we've created tools to help you remain motivated and equipped with fresh tools and information.

Order your [FREE Magazine](#), Make Health Your Choice.

Try our [FREE e-Newsletter](#), MI Healthy Living. It contains great tips on healthy eating and moving more.

Don't want to create a [FREE Personal Plan](#)? You can print out this [general weekly journal](#) and use it instead.

Dr. Wisdom also has loads of helpful advice to help Michigianians be healthy. Her [tip of the day](#) provides a little burst of extra motivation - each day!

Free Newsletter

[Click here for:](#) The latest information and techniques for eating well and staying fit.

MI Healthy Living Newsletter Archive

[Click here for:](#) Free Newsletter Issue Archive.

Weekly Journal

[Click here for:](#) A general weekly journal form that you can print out and use to keep track of how you're doing.

Dr. Wisdom's Tip of the Day

[Click here for:](#) Tips of the day from Dr. Kimberlydawn Wisdom, Michigan's first surgeon general.

- Free Magazine
- Free E-Newsletter
- Surgeon General's Tip of the Day
- Printable Journal

Benefits

- Materials and resources
 - Statewide networking opportunities
 - Funding opportunities
 - Resource list of community programs
 - Inclusion in statewide database
 - Statewide recognition
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